



## Monroe Street Pool

3401 Monroe Street  
760-602-4685

The Monroe Street Pool includes a 25-yard by 25-meter pool, two 1-meter diving boards, a shallow play area and access ramp, six sets of bleachers and plenty of deck space.

The Aquatic Building includes tiled shower areas, changing and locker facilities and rest rooms. The entire facility is designed for easy access to all. Lockers are available if you bring your own lock and remove it daily. **Parking is limited to current users of the pool; please sign in and record your parking space number at the front desk.**

**Periodic Emergency Action Plan drills will take place at any time of day and will last for no more than 15 minutes. These drills are designed to enhance and test lifeguards skills, which results in better safety for all users. Your cooperation is necessary and appreciated.**

### Per Admission Fees (\*Proof of residency required.)

Youth/Teen 17 & under.....	\$2
Adult Resident* .....	\$3
Adult Non-Resident.....	\$4

### Discount Passes

	Individual R/NR	Family R/NR
<b>10 Swims Pass</b>	\$30/\$40	—
<b>One Month</b>	\$35/\$50	\$47/\$72
<b>Four Month</b>	\$60/\$90	\$95/\$120

For additional information please go to [www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec), select the Aquatics tab, select Recreation and lap swim and select Discount pass options.

See registration information on page 54.

## Recreation Swim ♥

During recreation swim times, the shallow and deep end play areas and the diving boards are open and bag check service is available at no cost. Children under 8 **who are unable to pass the swim test must** be accompanied by an adult in the water. Two children under 8 are admitted free with a paying adult **who will be accompanying them in the water**. To enter deep water you must demonstrate your swimming ability to the lifeguard. The diving boards are open from 1:30-4 p.m. and 6-7 p.m. weekdays and Noon-4 p.m. weekends.

## Adult Lap Swim ♥

Adult lap swim is open to those ages 16 and older who wish to swim for fitness. Please swim in the appropriate speed lane and circle swim if there are more than two swimmers in the lane. A pace clock, kickboards and pull-buoys are available on deck.

### Summer Schedule

**June 17 to August 23, 2013**

#### Monday-Friday

6-7:15 a.m. Adult Lap Swim  
Noon-1:30 p.m. Adult Lap Swim  
1:30-4 p.m. Recreation and Lap Swim  
5:45-6:30 p.m. Recreation and Lap Swim

#### Weekends

Noon-4 p.m. Recreation and Lap Swim

**NOTE:** Additional adult lap swim times may be available, please check with staff.

## Instructional Classes

American Red Cross standards are taught by Water Safety Instructors. To assist you in placing your child into the right level come to our free skill level testing at the Monroe Street Pool through June 10th between 12:30-1:15 p.m. and 5:30-6:30 p.m., Monday-Friday and 12:30-3 p.m., weekends. As of June 17th, come during any recreation swim time.

### Classes are held:

- Monday-Friday in sessions **SA** through **SE**;
- Saturdays in sessions **SF** and **SG**.

### Monday-Friday Sessions

<b>SA</b>	June 17-28
<b>SB</b>	July 1-12 (no classes on Thursday, July 4)
<b>SC</b>	July 15-26
<b>SD</b>	July 29-Aug 9
<b>SE</b>	Aug 12-23

### Saturday Sessions

<b>SF</b>	June 22-July 20
<b>SG</b>	July 27-August 24

## Registration Procedures for Aquatic Programs

### Sessions SD, SE And SG

On-line, walk-in and phone-in registration at [CarlsbadConnect.org](http://CarlsbadConnect.org) begins Monday, July 8th, and continues during Monroe Street Pool office hours. **Be prepared to show proof of residency.**

- Monday-Friday: 6 a.m.-7 p.m.
- Weekends: 12-3:30 p.m.

## Masters Swim Program

A coached fitness one and one-quarter hour workout, available year round. For additional information go to [www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec), select the Aquatics tab and select Masters swim.

TIME	DAYS	TERM	R/NR FEES
6:00am	M-F	1c	\$4/\$6
12:00pm	M-F	1c	\$4/\$6
8:00am	Sa/Holidays	1c	\$4/\$6

## Volunteers Needed

Earn free swimming! If you are a young person looking to build references for that first job or college application, or an adult willing to share some of your people skills and have at least Level 4 swim skills, we can use your help as an instructor aide. Pick up an application at the pool! Completed applications can be submitted starting May 1st.

## Learn to Swim: Ages 5+

### Adult/Teen Swim Instruction

No minimum skills. Semi-individualized instruction for beginners through Level 4 swim ability, taught in a group setting. No classes July 4th.

### Age: 16Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56298	5:10-5:40pm	M-F	Jun 17-28	10c	\$50/\$70
56299	5:10-5:40pm	M-F	Jul 1-12	9c	\$45/\$63
56300	5:10-5:40pm	M-F	Jul 15-26	10c	\$50/\$70
56301	5:10-5:40pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56302	5:10-5:40pm	M-F	Aug 12-23	10c	\$50/\$70
56960	10:45-11:15am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56961	10:45-11:15am	Sa	Jul 27-Aug 24	5c	\$25/\$35

## Individualized Swim Lesson

Perfect for Preschool and Learn to Swim Level 1-3 students who just need a dose of 'one on one' attention to master a skill set. To prepare a pro-active lesson plan, the registration process requires an estimate of the child's current swim lesson level.

**CANCELLATION/REFUND POLICY:** Cancellations **MUST** be made 24 hours prior to the scheduled class for a full refund or credit. No refunds or credits will be issued if a cancellation request is placed less than 24 hours prior to the lesson. Instructors will wait 10 minutes for late arrivals. After this time it will be counted as a 'no show' and no refunds or credits will be granted. If a participant falls ill or has a medical emergency a signed medical statement from a physician must be received in order to receive a credit.

### Age: 3Y and up

TIME	DAYS	DATE	TERM	R/NR FEES
11:55am-12:25pm	M-F	Jun 17-Aug 23	1c	\$25/\$35
12:25-12:55pm	M-F	Jun 17-Aug 23	1c	\$25/\$35
4:00-4:30pm	Sa	Jun 22-Aug 24	1c	\$25/\$35
4:30-5:00pm	Sa	Jun 22-Aug 24	1c	\$25/\$35
10:10-10:40am	Su	Jun 23-Aug 25	1c	\$25/\$35
10:45-11:15am	Su	Jun 23-Aug 25	1c	\$25/\$35
11:20-11:50am	Su	Jun 23-Aug 25	1c	\$25/\$35

## Level 1: Intro to Water Skills

Skills taught include: enter and exit water safely; blow bubbles; retrieve submerged objects; front and back glides and floats; roll from front to back and back to front; tread water; alternating, simultaneous and combined leg and arm actions on front and back; recognizing an emergency and knowing how to call for help; use of a life jacket, recognizing lifeguards and sun safety. No classes July 4th.

### Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56553	9:00-9:30am	M-F	Jun 17-28	10c	\$50/\$70
56554	10:10-10:40am	M-F	Jun 17-28	10c	\$50/\$70
56557	4:00-4:30pm	M-F	Jun 17-28	10c	\$50/\$70
56558	9:00-9:30am	M-F	Jul 1-12	9c	\$45/\$63
56556	10:10-10:40am	M-F	Jul 1-12	9c	\$45/\$63
56559	4:00-4:30pm	M-F	Jul 1-12	9c	\$45/\$63
56565	9:00-9:30pm	M-F	Jul 15-26	10c	\$50/\$70
56560	10:10-10:40am	M-F	Jul 15-26	10c	\$50/\$70
56562	4:00-4:30pm	M-F	Jul 15-26	10c	\$50/\$70
56566	9:00-9:30am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56563	10:10-10:40am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56561	4:00-4:30pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56567	9:00-9:30am	M-F	Aug 12-23	10c	\$50/\$70
56564	10:10-10:40am	M-F	Aug 12-23	10c	\$50/\$70
56568	4:00-4:30pm	M-F	Aug 12-23	10c	\$50/\$70
56569	10:10-10:40am	Sa	Jun 22-Jul 20	5c	\$25/\$35
57072	11:20-11:50am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56571	10:10-10:40am	Sa	Jul 27-Aug 24	5c	\$25/\$35
56572	11:20-11:50am	Sa	Jul 27-Aug 24	5c	\$25/\$35

## Level 2: Fundamental Aquatic Skills

Skills taught include those in Level 1 as well as: enter water by jumping from the side; fully submerge and hold breath; bobbing; open eyes under water and retrieve submerged objects; front, jellyfish and tuck floats unsupported; front and back glides and floats; roll from front to back and back to front; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action; learn how to stay safe in, on and around the water, including the use of life jacket and sun safety. No classes July 4th.

## Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56603	9:00-9:30am	M-F	Jun 17-28	10c	\$50/\$70
56574	9:35-10:05am	M-F	Jun 17-28	10c	\$50/\$70
56575	10:45-11:15am	M-F	Jun 17-28	10c	\$50/\$70
56576	11:20-11:50am	M-F	Jun 17-28	10c	\$50/\$70
56577	4:00-4:30pm	M-F	Jun 17-28	10c	\$50/\$70
56578	5:10-5:40pm	M-F	Jun 17-28	10c	\$50/\$70
56604	9:00-9:30am	M-F	Jul 1-12	9c	\$45/\$63
56579	9:35-10:05am	M-F	Jul 1-12	9c	\$45/\$63
56580	10:45-11:15am	M-F	Jul 1-12	9c	\$45/\$63
56597	11:20-11:50am	M-F	Jul 1-12	9c	\$45/\$63
56581	4:00-4:30pm	M-F	Jul 1-12	10c	\$45/\$63
56598	5:10-5:40pm	M-F	Jul 1-12	9c	\$45/\$63
56605	9:00-9:30am	M-F	Jul 15-26	10c	\$50/\$70
56583	9:35-10:05am	M-F	Jul 15-26	10c	\$50/\$70
56584	10:45-11:15am	M-F	Jul 15-26	10c	\$50/\$70
56596	11:20-11:50am	M-F	Jul 15-26	10c	\$50/\$70
56585	4:00-4:30pm	M-F	Jul 15-26	10c	\$50/\$70
56586	5:10-5:40pm	M-F	Jul 15-26	10c	\$50/\$70
56606	9:00-9:30am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56587	9:35-10:05am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56588	10:45-11:15am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56592	11:20-11:50am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56589	4:00-4:30pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56599	5:10-5:40pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56607	9:00-9:30am	M-F	Aug 12-23	10c	\$50/\$70
56590	9:35-10:05am	M-F	Aug 12-23	10c	\$50/\$70
56591	10:45-11:15am	M-F	Aug 12-23	10c	\$50/\$70
56600	11:20-11:50am	M-F	Aug 12-23	10c	\$50/\$70
56582	4:00-4:30pm	M-F	Aug 12-23	10c	\$50/\$70
56593	5:10-5:40pm	M-F	Aug 12-23	10c	\$50/\$70
57073	10:45-11:15am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56595	10:45-11:15am	Sa	Jul 27-Aug 24	5c	\$25/\$35

### Level 3: Stroke Development

Must have passed or mastered all Level 2 requirements without support. Skills taught/completion requirements include: headfirst entries from the side in sitting and kneeling positions; bobbing to safety; rotary breathing 10x's; survival float, back float and tread water all for 30 seconds+; flutter, scissor, dolphin and breaststroke kicks on front; front crawl stroke and elementary backstroke 25 meters; learn to perform simple non-swimming assists; learn to recognize, prevent and respond to cold water emergencies. No classes July 4th.

## Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56609	9:00-9:30am	M-F	Jun 17-28	10c	\$50/\$70
56608	9:35-10:05am	M-F	Jun 17-28	10c	\$50/\$70
56610	10:10-10:40am	M-F	Jun 17-28	10c	\$50/\$70
56611	10:45-11:15am	M-F	Jun 17-28	10c	\$50/\$70
56629	4:00-4:30pm	M-F	Jun 17-28	10c	\$50/\$70
56641	4:35-5:05pm	M-F	Jun 17-28	10c	\$50/\$70
56618	9:00-9:30am	M-F	Jul 1-12	9c	\$45/\$63
56615	9:35-10:05am	M-F	Jul 1-12	9c	\$45/\$63
56616	10:10-10:40am	M-F	Jul 1-12	9c	\$45/\$63
56617	10:45-11:15am	M-F	Jul 1-12	9c	\$45/\$63
56619	4:00-4:30pm	M-F	Jul 1-12	9c	\$45/\$63
56644	4:35-5:05pm	M-F	Jul 1-12	9c	\$45/\$63
56612	9:00-9:30am	M-F	Jul 15-26	10c	\$50/\$70
56621	9:35-10:05am	M-F	Jul 15-26	10c	\$50/\$70
56622	10:10-10:40am	M-F	Jul 15-26	10c	\$50/\$70
56623	10:45-11:15am	M-F	Jul 15-26	10c	\$50/\$70



## Junior Lifeguarding at Monroe Street Pool

This two week class gives youth a jump start to future work as a lifeguard.

- Tailored for ages 11-15
- Taught by certified Red Cross staff
- Builds a foundation of knowledge, attitudes and skills focused on five categories: prevention, fitness, response, leadership and professionalism

**Register for summer session!**

For more information call the Monroe Street Pool at 760-602-4685 or visit [www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec).





56624	4:00-4:30pm	M-F	Jul 15-26	10c	\$50/\$70
56625	4:35-5:05pm	M-F	Jul 15-26	10c	\$50/\$70
56613	9:00-9:30am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56626	9:35-10:05am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56627	10:10-10:40am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56628	10:45-11:15am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56630	4:00-4:30pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56645	4:35-5:05pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56614	9:00-9:30am	M-F	Aug 12-23	10c	\$50/\$70
56632	9:35-10:05am	M-F	Aug 12-23	10c	\$50/\$70
56643	10:10-10:40am	M-F	Aug 12-23	10c	\$50/\$70
56633	10:45-11:15am	M-F	Aug 12-23	10c	\$50/\$70
56634	4:00-4:30pm	M-F	Aug 12-23	10c	\$50/\$70
56635	4:35-5:05pm	M-F	Aug 12-23	10c	\$50/\$70
56636	10:10-10:40am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56638	11:20-11:50am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56637	10:10-10:40am	Sa	Jul 27-Aug 24	5c	\$25/\$35
56639	11:20-11:50am	Sa	Jul 27-Aug 24	5c	\$25/\$35

## Level 4: Stroke Development

Must have passed or mastered all Level 3 requirements. Must be able to swim 25 meters or more in deep water without stopping. Skills taught/completion requirements include: headfirst entries from the side in compact and stride positions; swim under water; feet first surface dive; survival swimming; front crawl and backstroke open turns; tread water using two different kicks; front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly; flutter and dolphin kicks on back; learn about recreational water illnesses and how to prevent them. No classes July 4th.

Age: 6Y - 15Y					
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56652	9:35-10:05am	M-F	Jun 17-28	10c	\$50/\$70
56646	10:10-10:40am	M-F	Jun 17-28	10c	\$50/\$70
56647	10:45-11:15am	M-F	Jun 17-28	10c	\$50/\$70
56648	11:20-11:50am	M-F	Jun 17-28	10c	\$50/\$70
56656	4:35-5:05pm	M-F	Jun 17-28	10c	\$50/\$70
56676	5:10-5:40pm	M-F	Jun 17-28	10c	\$50/\$70
56649	9:35-10:05am	M-F	Jul 1-12	9c	\$45/\$63
56650	10:10-10:40am	M-F	Jul 1-12	9c	\$45/\$63
56651	10:45-11:15am	M-F	Jul 1-12	9c	\$45/\$63
56653	11:20-11:50am	M-F	Jul 1-12	9c	\$45/\$63
56654	4:35-5:05pm	M-F	Jul 1-12	9c	\$45/\$63
56675	5:10-5:40pm	M-F	Jul 1-12	9c	\$45/\$63
56655	9:35-10:05am	M-F	Jul 15-26	10c	\$50/\$70
56657	10:10-10:40am	M-F	Jul 15-26	10c	\$50/\$70
56658	10:45-11:15am	M-F	Jul 15-26	10c	\$50/\$70
56659	11:20-11:50am	M-F	Jul 15-26	10c	\$50/\$70
56660	4:35-5:05pm	M-F	Jul 15-26	10c	\$50/\$70
56677	5:10-5:40pm	M-F	Jul 15-26	10c	\$50/\$70

56661	9:35-10:05am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56662	10:10-10:40am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56663	10:45-11:15am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56664	11:20-11:50am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56666	4:35-5:05pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56678	5:10-5:40pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56669	9:35-10:05am	M-F	Aug 12-23	10c	\$50/\$70
56667	10:10-10:40am	M-F	Aug 12-23	10c	\$50/\$70
56668	10:45-11:15am	M-F	Aug 12-23	10c	\$50/\$70
56665	11:20-11:50am	M-F	Aug 12-23	10c	\$50/\$70
56670	4:35-5:05pm	M-F	Aug 12-23	10c	\$50/\$70
56679	5:10-5:40pm	M-F	Aug 12-23	10c	\$50/\$70
56671	10:45-11:15am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56673	11:20-11:50am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56672	10:45-11:15am	Sa	Jul 27-Aug 24	5c	\$25/\$35
56674	11:20-11:50am	Sa	Jul 27-Aug 24	5c	\$25/\$35

## Level 5: Stroke Refinement

Must have passed or mastered Level 4 requirements. Skills taught include: shallow-angle dive from the side then glide and begin a front stroke; tuck and pike surface dives; front flip turn and backstroke flip turn while swimming; front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly; sculling; learn what to think about and do when exhausted or caught in a dangerous situation; learn how to call for help and the importance of knowing first aid and CPR; learn basic safety guidelines for participating in aquatic activities at water parks. No classes July 4th.

Age: 6Y - 15Y					
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56692	9:35-10:05am	M-F	Jun 17-28	10c	\$50/\$70
56695	10:10-10:40am	M-F	Jun 17-28	10c	\$50/\$70
56680	10:45-11:15am	M-F	Jun 17-28	10c	\$50/\$70
56681	4:00-4:30pm	M-F	Jun 17-28	10c	\$50/\$70
56682	9:35-10:05am	M-F	Jul 1-12	9c	\$45/\$63
56683	10:10-10:40am	M-F	Jul 1-12	9c	\$45/\$63
56684	10:45-11:15am	M-F	Jul 1-12	9c	\$45/\$63
56687	4:00-4:30pm	M-F	Jul 1-12	9c	\$45/\$63
56685	9:35-10:05am	M-F	Jul 15-26	10c	\$50/\$70
56689	10:10-10:40am	M-F	Jul 15-26	10c	\$50/\$70
56690	10:45-11:15am	M-F	Jul 15-26	10c	\$50/\$70
56691	4:00-4:30pm	M-F	Jul 15-26	10c	\$50/\$70
56693	9:35-10:05am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56694	10:10-10:40am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56696	10:45-11:15am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56697	4:00-4:30pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56688	9:35-10:05am	M-F	Aug 12-23	10c	\$50/\$70
56686	10:10-10:40am	M-F	Aug 12-23	10c	\$50/\$70
56698	10:45-11:15am	M-F	Aug 12-23	10c	\$50/\$70
56699	4:00-4:30pm	M-F	Aug 12-23	10c	\$50/\$70
56700	10:10-10:40am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56701	10:10-10:40am	Sa	Jul 27-Aug 24	5c	\$25/\$35

## Level 6: Advanced Swim

Must have passed or mastered Level 5 requirements. Skills taught include: front crawl at least 200m, back crawl at least 200m, breaststroke at least 100m, elementary backstroke at least 100m, sidestroke at least 100m, butterfly at least 100m and open/flip turns for all strokes. No classes July 4th.

Age: 6Y - 99Y					
CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56706	10:10-10:40am	M-F	Jun 17-28	10c	\$50/\$70
56707	4:35-5:05pm	M-F	Jun 17-28	10c	\$50/\$70

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56708	10:10-10:40am	M-F	Jul 1-12	9c	\$45/\$63
56704	4:35-5:05pm	M-F	Jul 1-12	9c	\$45/\$63
56711	10:10-10:40am	M-F	Jul 15-26	10c	\$50/\$70
56710	4:35-5:05pm	M-F	Jul 15-26	10c	\$50/\$70
56709	10:10-10:40am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56702	4:35-5:05pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56703	10:10-10:40am	M-F	Aug 12-23	10c	\$50/\$70
56705	4:35-5:05pm	M-F	Aug 12-23	10c	\$50/\$70

## Springboard Diving

### Beginning

**Participant skills minimum:** swimming Level 4 or above (no age minimum). This course will be taught by an experienced springboard diver and instructor. Participants will learn the basic fundamentals of diving including the front approach; hurdle and take off from the board; backward take off from the board; front and back jumps in the tuck, pike and straight position; and a front and back dive. No classes July 4th. Intermediate to advanced instruction and competition is offered at the pool through Dive San Diego. Please call (760) 201-9242.

### Age: 6Y and up

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56805	10:45-11:15am	M-F	Jun 17-28	10c	\$50/\$70
56798	11:20-11:50am	M-F	Jun 17-28	10c	\$50/\$70
56806	10:45-11:15am	M-F	Jul 1-12	9c	\$45/\$63
56799	11:20-11:50am	M-F	Jul 1-12	9c	\$45/\$63
56803	10:45-11:15am	M-F	Jul 15-26	10c	\$50/\$70
56800	11:20-11:50am	M-F	Jul 15-26	10c	\$50/\$70
56804	10:45-11:15am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56801	11:20-11:50am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56807	10:45-11:15am	M-F	Aug 12-23	10c	\$50/\$70
56802	11:20-11:50am	M-F	Aug 12-23	10c	\$50/\$70

## Parent and Child Aquatics ♥

### Parent Infant/Tot Aquatics

For parents (1 or both) and infants ages 6 months to 3 years. Emphasis is placed on water adjustment. NOTE: Infants and tots must wear plastic pants over their swim diapers while they are in the water. Skills taught include: water adjustment and entry; bubble blowing; underwater exploration; front float, glide and leg action; back float, glide and leg action; rolling over/choosing or using life jackets. All skills require parent contact. No classes July 4th.

### Age: 6M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56719	10:45-11:15am	M-F	Jun 17-28	10c	\$50/\$70
56723	4:35-5:05pm	M-F	Jun 17-28	10c	\$50/\$70
56720	10:45-11:15am	M-F	Jul 1-12	9c	\$45/\$63
56718	4:35-5:05pm	M-F	Jul 1-12	9c	\$45/\$63
56722	10:45-11:15am	M-F	Jul 15-26	10c	\$50/\$70
56721	4:35-5:05pm	M-F	Jul 15-26	10c	\$50/\$70
56724	10:45-11:15am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56725	4:35-5:05pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56717	10:45-11:15am	M-F	Aug 12-23	10c	\$50/\$70
56716	4:35-5:05pm	M-F	Aug 12-23	10c	\$50/\$70
56712	10:10-10:40am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56714	11:20-11:50am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56713	10:10-10:40am	Sa	Jul 27-Aug 24	5c	\$25/\$35
56715	11:20-11:50am	Sa	Jul 27-Aug 24	5c	\$25/\$35



## Youth BASKETBALL

Children will learn the fundamentals of the sport as well as the importance of sportsmanship and fair play.

League play runs November through February.



**Volunteer Coaches Needed!**

For more information call 760-434-2971

## Register today!



For more information, visit the sports section of [www.carlsbadca.gov/parksandrec](http://www.carlsbadca.gov/parksandrec)



## Preschool Aquatics: Age 3-5 ♥

### Preschool Aquatics 1

For children ages 3 to 5 years old. Parent participation required. Skills taught/completion requirements include: enter and exit water; blow bubbles through mouth and nose; submerge mouth, nose and eyes; open eyes under water and retrieve submerged objects; front and back glides; back float and recover to a vertical position; roll from front to back and back to front; tread with arm and hand actions; alternating and simultaneous leg actions on front and back; combined arm and leg actions on front and back; experience wearing a life jacket in the water; learn how to stay safe in, on and around the water, including sun safety. No classes July 4th.

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56726	9:35-10:05am	M-F	Jun 17-28	10c	\$50/\$70
56727	11:20-11:50am	M-F	Jun 17-28	10c	\$50/\$70
56729	5:10-5:40pm	M-F	Jun 17-28	10c	\$50/\$70
56732	9:35-10:05am	M-F	Jul 1-12	9c	\$45/\$63
56731	11:20-11:50am	M-F	Jul 1-12	9c	\$45/\$63
56730	5:10-5:40pm	M-F	Jul 1-12	9c	\$45/\$63
56728	9:35-10:05am	M-F	Jul 15-26	10c	\$50/\$70
56735	11:20-11:50am	M-F	Jul 15-26	10c	\$50/\$70
56733	5:10-5:40pm	M-F	Jul 15-26	10c	\$50/\$70
56736	9:35-10:05am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56739	11:20-11:50am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56734	5:10-5:40pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56738	9:35-10:05am	M-F	Aug 12-23	10c	\$50/\$70
56740	11:20-11:50am	M-F	Aug 12-23	10c	\$50/\$70
56737	5:10-5:40pm	M-F	Aug 12-23	10c	\$50/\$70

### Age: 3Y - 5Y

56741	10:45-11:15am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56744	10:45-11:15am	Sa	Jul 27-Aug 24	5c	\$25/\$35

### Preschool Aquatics 2

For children ages 3 to 5 who have mastered all Preschool Aquatics 1 skills. Parent participation is required. Skills taught with support include: exit water using ladder, steps or side; bobbing; open eyes under water and retrieve submerged objects; front and back floats and glides; roll from front to back and back to front; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action on back. No classes July 4th.

### Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56746	9:00-9:30am	M-F	Jun 17-28	10c	\$50/\$70
56747	10:10-10:40am	M-F	Jun 17-28	10c	\$50/\$70
56750	11:20-11:50am	M-F	Jun 17-28	10c	\$50/\$70
56772	4:00-4:30pm	M-F	Jun 17-28	10c	\$50/\$70
56765	5:10-5:40pm	M-F	Jun 17-28	10c	\$50/\$70
56748	9:00-9:30am	M-F	Jul 1-12	9c	\$45/\$63
56751	10:10-10:40am	M-F	Jul 1-12	9c	\$45/\$63
56749	11:20-11:50am	M-F	Jul 1-12	9c	\$45/\$63
56761	4:00-4:30pm	M-F	Jul 1-12	9c	\$45/\$63
56753	5:10-5:40pm	M-F	Jul 1-12	9c	\$45/\$63
56754	9:00-9:30am	M-F	Jul 15-26	10c	\$50/\$70
56752	10:10-10:40am	M-F	Jul 15-26	10c	\$50/\$70
56755	11:20-11:50am	M-F	Jul 15-26	10c	\$50/\$70
56773	4:00-4:30pm	M-F	Jul 15-26	10c	\$50/\$70
56758	5:10-5:40pm	M-F	Jul 15-26	10c	\$50/\$70
56759	9:00-9:30am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56756	10:10-10:40am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56760	11:20-11:50am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56774	4:00-4:30pm	M-F	Jul 29-Aug 9	10c	\$50/\$70



56762	5:10-5:40pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56763	9:00-9:30am	M-F	Aug 12-23	10c	\$50/\$70
56757	10:10-10:40am	M-F	Aug 12-23	10c	\$50/\$70
56764	11:20-11:50am	M-F	Aug 12-23	10c	\$50/\$70
56775	4:00-4:30pm	M-F	Aug 12-23	10c	\$50/\$70
56766	5:10-5:40pm	M-F	Aug 12-23	10c	\$50/\$70
56767	10:10-10:40am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56769	10:45-11:15am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56768	10:10-10:40am	Sa	Jul 27-Aug 24	5c	\$25/\$35
56770	10:45-11:15am	Sa	Jul 27-Aug 24	5c	\$25/\$35

## Preschool Aquatics 3

For children ages 3 to 5 who have mastered all Preschool Aquatics 2 skills. To pass, skills must be performed without support. Skills taught/ completion requirements include: enter water by jumping in; fully submerge and hold breath; bobbing; front, jellyfish and tuck floats; recover from a front or back float or glide to a vertical position; back float and glide; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm and leg actions on front and back; tread water using arm and leg actions; use of a life jacket, recognizing lifeguards and sun safety. No classes July 4th.

**Age: 3Y - 5Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56777	9:35-10:05am	M-F	Jun 17-28	10c	\$50/\$70
56791	11:20-11:50am	M-F	Jun 17-28	10c	\$50/\$70
56778	4:35-5:05pm	M-F	Jun 17-28	10c	\$50/\$70
56779	9:35-10:05am	M-F	Jul 1-12	9c	\$45/\$63
56790	11:20-11:50am	M-F	Jul 1-12	9c	\$45/\$63
56780	4:35-5:05pm	M-F	Jul 1-12	9c	\$45/\$63
56781	9:35-10:05am	M-F	Jul 15-26	10c	\$50/\$70
56792	11:20-11:50am	M-F	Jul 15-26	10c	\$50/\$70
56782	4:35-5:05pm	M-F	Jul 15-26	10c	\$50/\$70
56783	9:35-10:05am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56793	11:20-11:50am	M-F	Jul 29-Aug 9	10c	\$50/\$70
56784	4:35-5:05pm	M-F	Jul 29-Aug 9	10c	\$50/\$70
56785	9:35-10:05am	M-F	Aug 12-23	10c	\$50/\$70
56786	11:20-11:50am	M-F	Aug 12-23	10c	\$50/\$70
56787	4:35-5:05pm	M-F	Aug 12-23	10c	\$50/\$70
56788	11:20-11:50am	Sa	Jun 22-Jul 20	5c	\$25/\$35
56789	11:20-11:50am	Sa	Jul 27-Aug 24	5c	\$25/\$35

## Safety Training: Aquatics ♥

### Junior Lifeguarding

This program gives youth ages 11 to 15 a jump start to Red Cross Lifeguarding. It builds a foundation of knowledge, attitudes and skills consisting of five categories: Prevention, Fitness, Response, Leadership and Professionalism. Prerequisites include completion of 5th grade and demonstration of the following skills: continuously swim 25m of front crawl stroke, tread water for 1 minute using arms and legs, and submerge and swim 10 feet underwater.

**Age: 10Y - 15Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
56551	1:30-4:30pm	M-F	Jul 15-26	10c	\$75/\$85
56552	1:30-4:30pm	M-F	Jul 29-Aug 9	10c	\$75/\$85

Activities and classes with ♥ offer a health and wellness benefit to the participant.



## The City of Carlsbad *difference*

When you register your children in City of Carlsbad programs, you can rest assured that they are in safe hands with program leaders who are:

- Professionally trained
- Background checked
- Fingerprinted
- First aid and CPR certified

